

WILD THINGS
ARE ANIMAL-HUMAN
CONFLICTS
ON THE RISE? {pages 4 & 5}



NO ES AMOR
J.LO AND MARC
ANTHONY
DIVORCING {page 10}



CALGARY

metro

Monday, July 18, 2011
www.metronews.ca



News worth
sharing.



► Oklahoma cowboy Corey Navarre holds on aboard a bull named Crackalakin during the final day of Calgary Stampede rodeo action yesterday. For more Stampede coverage, see page 3.

JEREMY NOLAIS/METRO

Discount fares could be hiked

- Strategy report says transit not fulfilling revenue requirements
- Committee chair says province should subsidize less fortunate



JEREMY NOLAIS
@METRONEWS.CA

Raising the price of discounted Calgary Transit fares is one option being pitched to boost revenue, but an anti-poverty advocate says the working poor can't bear the brunt of increases.

A report coming before city committee on Wednesday says Calgary Transit is not covering the required 55 per cent of its operating costs through revenue generation.

Since 2007, the cost of providing each individual transit trip has risen 23 per cent to nearly \$3, but the average fare has risen only 12 per cent, the report says.

One recommendation being put forward by city administration is to raise the lower fares offered to low-income users, seniors and youth.

The proposal worries former alderman Joe Ceci, who serves as co-ordinator for Action to End Poverty in Alberta. He said every dollar counts for those struggling to make ends meet.

"It's going to take money essentially away from necessary expenditures, which they already have too little income to cover," Ceci said.

But committee chairman Andre Chabot said subsidizing services such as public transit should fall under the provincial government's umbrella.

"It's really not the city's mandate to do income support," he said. "You have to consider cause and effect ... because we have added so many man hours of public transportation and we have not had a commensurate increase in ridership, we've created a deficit by virtue of the fact that we don't have the revenues."

Fare game

- Roughly one-quarter of Calgary Transit users pay fares that are less than 55 per cent of the real cost of a trip, says a transit fare strategy report.
- Council's decision to eliminate park-and-ride fees in April will result in a revenue loss of \$4 million annually.
- The low-income monthly transit pass is offered for \$40 to those who earn 75 per cent or less of the low-income cutoff set by the federal government.



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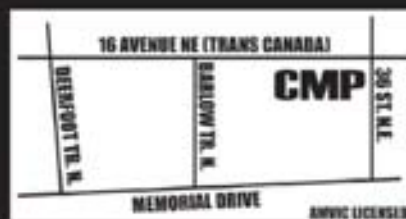
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Next year's Stampede has big boots to fill

Ten days of mutton busting, corndog chomping and yeehawing have come and gone, but Calgary Stampede officials are already planning for what may be their biggest celebration ever next year.

The centennial running of the Greatest Outdoor Show on Earth in 2012 will certainly have a lot to live up to, after this year's edition was marked by a visit from Prince William and his new bride Kate.

Officials are also reporting Stampede attendance totals remained similar to those of recent years, with roughly 1.2-million people attending.

Stampede chair Mike Casey said the whole city joined together in making this year's Stampede a success.

"In 2011, I think our entire community came together at Stampede Park, in their workplaces downtown, and throughout the city and in their neighbourhoods," he said.

Metro readers were torn on Twitter yesterday when asked about their Stampede impressions.

"I totally loved the stampede and the beautiful animals," wrote @Jcarstairs.

But @mandola123 wasn't so pleased, writing "I think it's awful animals have to die for entertainment. Time to stop the suffering."

Two horses were put down this year during chuckwagon action at the Rangeland Derby.

● JEREMY NOLAIS

Politician parks car for 'cool' two-wheel ride

- ▶ Starting today, Carra is attempting to fulfil duties aboard bicycle
- ▶ Initiative aimed at promoting alternative transportation methods

TODD COLIN VAUGHAN
CALGARY@METRONEWS.CA

One Calgary alderman is leaving his car keys at home and hopping aboard a brand-new bike to accomplish his daily tasks.

Gian-Carlo Carra, representative for Ward 9, said he hopes to blaze a trail that others will follow.

"Biking is healthy and it's cool, and I just bought a new commuter bike for this," he said.

Carra said fuel prices make it expensive to drive in Calgary, and accommodating vehicles in the city leads to urban sprawl.

He did concede, however, that his job as a public official will require the use of a vehicle from time to time. For those instances, Carra plans to stash a motorized scooter in his office.

Bike everywhere

1 Bike Calgary is presently offering an urban riding course for prospective city cyclists. For more information, visit bikelc.org.

2 Ald. Gian-Carlo Carra also cited his own personal health as incentive for starting the "bike-everywhere" initiative.



▶ Ald. Gian-Carlo Carra sets out from Calgary's BikeBike shop yesterday after purchasing a new commuter bike.

Bike Calgary director Stewart Midwinter applauded the initiative.

He said most people do not have to choose between being either a cyclist or driver. "They are

both. It's about having the right tool for the job," Midwinter said.

Carra lives near the downtown core in Inglewood. He said other councillors are interested in

the initiative and do attempt to bike to work when possible. He noted, however, some of Calgary's suburban wards are quite far from council chambers.

1

news


The military was crucial to Egypt's revolution. Now some fear it's the new Mubarak. Scan code for story.

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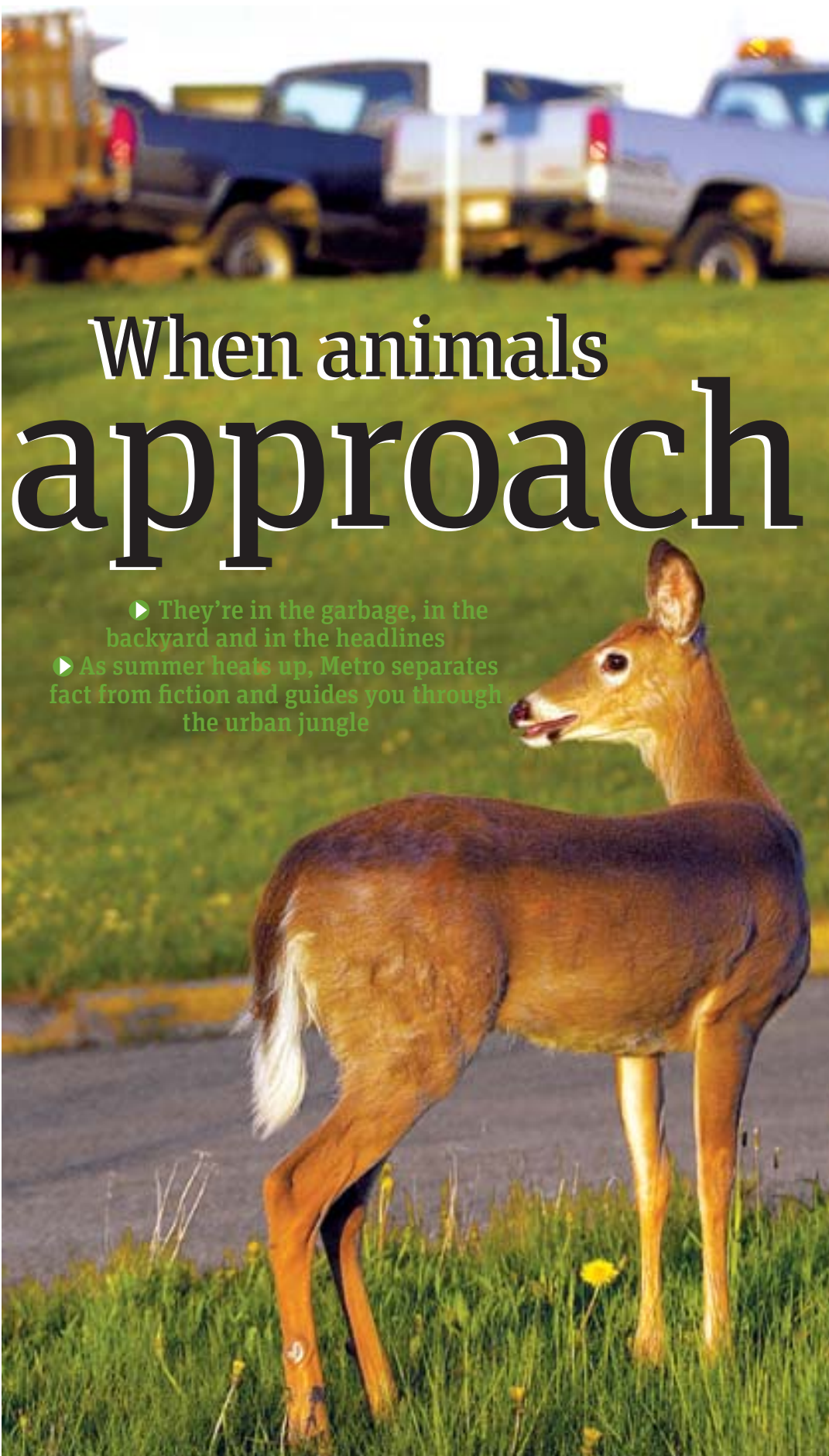
On the web at metronews.ca

The federal government is hitting the road to ask tough questions about immigration policy. Guidy Mamann has more at metronews.ca/immigration.



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When animals approach

► They're in the garbage, in the backyard and in the headlines
 ► As summer heats up, Metro separates fact from fiction and guides you through the urban jungle

"There's a temptation to feed them because they're almost tame ... but if you do that you're habituating that animal — it just scored."

KEVIN STRANGE, CALGARY ZOO



JENNIFER
TAPLIN
@METRONEWS.CA

Whether it's a deer smashing through a coffee shop window in Halifax or a black bear taking a snooze in a Kanata backyard, wildlife loves cities almost as much as commuters.

And this summer has seen myriad of tales of animal-human conflicts in Canadian cities, with the case of a Toronto man allegedly hitting a baby raccoon with a shovel drawing out both animal lovers and raccoon haters in protest.

But, despite the attention, are citizens really having more run-ins with critters?

"It's massively man-made this idea we're having more interactions ... but there's no doubt we're encroaching on their territory," said Simon Gadbois, an animal behaviour researcher in Halifax.

Habitat encroachment and climate change play a role, but conflicts come in cycles depending on animal populations and their environment, he said.

These days, he said, people are more likely to report animal sightings after learning of a horrific event, such as recent bear attacks in B.C. and the 19-year-old Toronto woman who was killed by coyotes in Cape Breton, N.S., in 2009.

In the short term, growing cities mean a loss of

habitat as animals creep into cities looking for food and shelter, but in the long term it means there will be fewer animals, said Kevin Strange, with the conservation outreach program at the Calgary Zoo.

"Cities and towns are almost always built on a water body, and in the west here they're always on a river and rivers are green highways (for animals)," he said.

"There are times when climate change can really make animals migrate."

Climate change can be good for some animals and bad for others. If there is a shortage of rabbits, for example, coyotes will range further into cities and find that cats make a good substitute, he said.

"Cats think (coyotes) are dogs and it's not until the last second they realize they're not dealing with the average dog," Gadbois said. "And some cat owners put those little bird bells around the necks of cats, which becomes like a lunch bell for the coyotes."

Experts believe the keys to making cities less attractive to wildlife is to take a serious look at waste management and get people to stop feeding creatures like deer and raccoons.

Gadbois said people need to realize wildlife is always going to hang around cities — it might not be ideal, but not as dangerous as people think.

"Hey, get over it," he said. "That's what it is to live in Canada."

No party animals here

When you have an uninvited, furry pest living in your house, throw a party.

Reesa Atnikov, a supervisor with the not-for-profit Wildlife Haven Rehabilitation Centre in Manitoba, said they take thousands of calls every year about wild animals like raccoons or skunks that have become a little too comfortable in an urban setting.

"We recommend bright lights, loud music and rags

soaked in bleach. They don't like the smell, they don't like the lights and they don't like the loud music," she said.

But if you're in the backyard and Winnie and Yogi wander in to sniff out your garbage bin, the best plan is to call a conservation officer, said Kevin Strange with the Calgary Zoo.

"That's got to be a fairly threatening situation ... and it may have a desire to protect the food source," he said.

● JENNIFER TAPLIN

Canada's most unwanted

► We asked officials in Metro cities across the country to tell us about their most troublesome critters:



Halifax — Coyote Most dangerous:

Coyotes can wander into the city's peninsula and get trapped. A power-meter reader was bitten by a coyote earlier this year.

Biggest pest: None.

Newest problem:

Bears may have poked around the suburbs in the past few weeks.



Ottawa — Black bear Most dangerous:

Black bear.

Biggest pest: Raccoon. Several YouTube videos attest to raccoons' ability to defeat supposedly impregnable green bins.

Newest problem:

Bedbug. Pest control companies note a dramatic increase in complaints in 2010.



Toronto — Raccoon Most dangerous:

None, but leaving food out is discouraged because coyotes can begin to associate people with a food source and may start hanging around.

Biggest pest:

Torontonians have the most trouble with raccoons.

Newest problem:

None.



London — Ashborer Most dangerous: None.

Biggest pest: The buckthorn plant is infiltrating London's natural areas and pushing out all the native species.

Newest problem:

The emerald ash borer beetle is wreaking havoc on ash trees, of which there are more than 100,000 in the area.



Winnipeg — Cougar Most dangerous:

Deer. Manitoba Public Insurance reports collisions with deer make up the most animal-auto accidents.

Biggest pest: Mosquito.

Newest problem:

Several witnesses spotted a cougar in Winnipeg suburb Transcona recently.



Calgary — Coyote Most dangerous:

Black bears occasionally come up the river valley into the city.

Biggest pest: Officials say there are resident coyotes living in the city.

Newest problem:

"We don't get new pests in Calgary because Alberta doesn't let them in," says Bill Bruce of Calgary Animal Services.



Edmonton — Mice Most dangerous:

Mice, and all the germs and destruction they bring.

Biggest pest: Mice, bedbugs and ants are the main ones right now.

Newest problem:

"They're all the same ones. They just get worse," says Gladys Schultz of Edmonton Exterminators.



Vancouver — Raccoon Most dangerous:

Coyotes can eat pets and have had contact with people; bites have been reported.

Biggest pest: Raccoons have bitten lots of people, mostly because of people trying to hand feed them.

Newest problem:

None.

● METRO

How to build a garden box

PHOTOS
SEAN MCKIBBON/METRO



Raccoons are tough to keep out of a garden once they decide to raid it. You might want to try building a raccoon-resistant garden box.

Make sure to wear safety gear and check your local building codes. And remember, this design is not the work of an expert, just a reporter who was making it up as he went along. The project is fairly basic and you can alter the dimensions to suit your needs.

- 1 Construct a garden box using wide 2x6 (or wider if you want) cedar planks. A 2x4 or a 4x4 cedar post in each corner secures the planks. Posts are expensive so I used 2x4s.
- 2 Cut the 2x4s to 8 inches, leaving 4 inches to secure the 2x2s that form the upright parts of the cage frame to put on top of the box.
- 3 Connect the upright 2x2s with more 2x2s along the top, cover three sides and the roof with mesh, and then construct wooden frame doors with mesh fronts, with a latch at the top and the bottom.
- 4 It took me eight hours working by myself and it cost almost \$217 in materials. The simplest way I can explain the doors is comparing it to stapling a cage to a picture frame and then screwing another frame on top of the first. ● SEAN MCKIBBON

CHECK OUT THE EXTENDED STEP-BY-STEP PHOTOS AND INSTRUCTIONS AT METRONEWS.CA/ANIMALS TO GET A BETTER IDEA OF HOW TO DO IT.

Reader's comments

What's your best home remedy for keeping away animals?

Reader tweets

- @meaghanbent "I brush my dog in the front yard so the hair goes on the grass. I hear this keeps the critters away and it seems to work well."
- @a1_grady "My raccoon bangs on my green bin, I go out, throw a bun into the woods, he goes off into the woods to get it."
- @awn_sholan "Scarecrow sprinkler, hours of entertainment as well."



Had a critter problem? Send us your tips and photos at calgaryletters@metronews.ca or on Twitter @metrocalgary.



Olivia Gampel
17, STUDENT, TORONTO
"Peppercorns ... If squirrels or raccoons bit them, they wouldn't come back."



Jake Rondot
34, MANAGING DIRECTOR, WINDSOR, ONT.
"Mothballs keep skunks away."



Lori Harrison
35, DESIGNER, TORONTO
"Put plastic wrap over a bowl (of sugar), poke tiny holes in the wrap ... (to trap) fruit flies."

From exec to public villain

► Ex-Murdoch CEO Rebekah Brooks arrested in London after showing up for police questioning ► London's top cop submits his resignation

Airline reacts

The arrest sealed Rebekah Brooks's swift transformation from one of Britain's most powerful female executives to a figure of scorn and even parody.

Yesterday, an Irish discount airline seized on perceptions of Brooks as an outlaw, placing an ad in The Observer newspaper that showed a photograph of the longtime Murdoch confidant.

"Hacked Off with High Fares ... I'm outta here with Ryanair!" the caption crowed.

A burgeoning voicemail hacking and police bribery scandal cut closer than ever to Rupert Murdoch and Scotland Yard yesterday with the arrest of the media magnate's former British newspaper chief and the resignation of London's police commissioner.

Though the former executive, Rebekah Brooks,

and the police chief, Paul Stephenson, have denied wrongdoing, both developments are ominous not only for Murdoch's News Corp., but for a British power structure that nurtured a cosy relationship with his papers for years.

Brooks, the ultimate social and political insider, dined at Christmas with

Prime Minister David Cameron. His Conservative-led government is now facing increasing questions about its relationship with Murdoch's media empire.

The 43-year-old Brooks was questioned and released hours after her arrest, Scotland Yard announced late yesterday.

THE ASSOCIATED PRESS



► Rebekah Brooks, former chief executive of News International, leaves a hotel in central London on July 10.

INCREASING SCRUTINY

Mounting aftershock

Another of Murdoch's chief executives, Wall Street Journal publisher

Les Hinton, also had to resign Friday after more than 50 years with Murdoch. James Murdoch, head of European and Asian operations for his father's company, is under increasing scrutiny. He and the senior Mur-

doch, along with Brooks, face questioning tomorrow by British lawmakers.

News International placed advertisements in most Sunday national newspapers outlining their intention after their apology ads on Saturday.

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A kink in Health Link's info line

Alberta Health Services is apologizing for an embarrassing mistake that has directed some clients to a phone-sex line instead of the agency's popular Health Link information service.

Carol Allan discovered the error when she tried calling the number for advice about her ailing mother. Allan says instead, someone said: "Hi, hot stuff, we're going to have some unspeakable fun."

Allan found the number in the latest edition of a

phone book delivered throughout the Edmonton area earlier this year.

AHS said the Health Link number was first printed in the Canpages telephone directory in 2010, but for the last two years a company has been operating a phone-sex line at a similar number.

The number appears on a page titled "important numbers."

"Apparently the same thing happened a couple of years ago," said AHS spokesperson Kerry Williamson, adding the of-

fending number was blocked at that time. "Somehow that block was taken off."

The block was removed about two weeks ago, and the issue was brought to the attention of AHS last week. Williamson said the number was blocked again last Thursday evening.

Williamson said AHS will work closely with Canpages and Telus to ensure the wrong number doesn't get printed again in the future.

HEATHER MCINTYRE/WITH FILES FROM THE CANADIAN PRESS

Market moment

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RENOS COULD LEAVE YOU IN A HAILSTORM

URBAN COMPASS

JANICE PASKEY
METRO CALGARY



It's been one year since Calgary suffered the costliest hailstorm in our nation's history.

It caused \$500 million in insurance claims.

Like many, our house was affected, as the hail chewed out the siding and the roof.

The insurance company was generous: A complete redo of the roof and siding.

At the same time, we did an interior reno. So work was underway inside and out.

Inside, I debated for months about which grey paint colour to choose.

I wrote to designers Jean Larette in California and Alykhan Velshi here. They like Benjamin Moore Grey Owl, and Metropolis.

Our roofer's response? "No one builds to code in Calgary, and we're not paid to do it to code." With no inspection process, I can see why.

I picked a similar colour, ironically named "Hailstorm" from General Paint.

There's a link between paint and shingles: Painting, decorating siding and re-roofing don't require permits under the Alberta building and safety codes.

This means no extra fee, but also no inspection.

In an unusual move, I asked our insurer to have the new shingles inspected.

The inspector found the roof was not done to code, or to warranty

specifications.

It didn't have the proper underlay felt or eaves protection, and some nails needed to be redone and re-caulked.

Our roofer's response? "No one builds to code in Calgary, and we're not paid to do it to code."

With no inspection process, I can see why.

Alberta Municipal Affairs (which issues the building safety code) says the City of Calgary could still require re-roofing permits.

The city seemed flummoxed by the idea.

No doubt.

Why would the city implement permits for re-roofing and siding when the Alberta building codes make it exempt?

Another provincial excuse is that the code is for safety, not warranty.

Yet somehow the state has to assist its citizens in not getting ripped off by poor construction practices.

Minister Hector Goudreau is proposing to protect new homeowners with higher fines for code violations and a longer warranty period to make claims.

But there's little consumer protection for all that hailstorm warranty work.

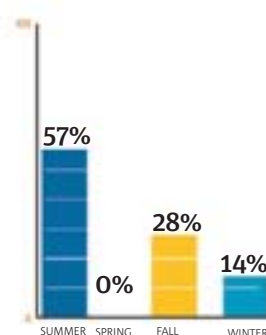
In the end, our roof was re-shingled by another roofer. You bet, we'll have it re-inspected.

I'll take the responsibility for inspecting our lovely grey paint.



Register at
metropolitanpanel.ca
and take the quick poll

What's your favourite season?



Worth Mentioning

BALLOON BOY. A silver, UFO-like helium balloon that gripped Americans' attention when a couple said their son had floated away in it is back in Colorado after an online auction.

An attorney for Richard and Mayumi Heene told the Coloradoan in Fort Collins Thursday that an Aurora man paid \$2,502 US earlier this month for the balloon.

Perry Rausher says the man didn't want his name released because he is planning a news conference.

Rausher says he deducted \$60 from the sale for fees and the rest will go to Japanese earthquake and tsunami relief.

The Heenes, who moved to Florida from Colorado after the incident, were charged when it was discovered their six-year-old son was never on the balloon.

They had to pay \$36,000 in restitution to authorities who responded to the 2009 incident.

The boys' parents are storm chasers who appeared twice in the ABC reality show Wife Swap. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder



WEIRD NEWS

Vet performs mouth-to-beak CPR on eagle

A Bend, Ore., veterinarian has performed life-saving CPR on an injured bald eagle that was under anesthesia during physical therapy.

KTVZ-TV reports Jeff Cooney performed the therapy, during which the bald eagle nicknamed Patriot stopped breathing.

Cooney's "mouth-to-beak" resuscitation got the eagle breathing again.

"He has gained 10 per cent of his body weight and is eating fish like crazy," Cooney said. "His attitude is greatly improved, and he's starting to act like a normal, rambunctious bald eagle."

The injured eagle was found by two La Pine women near Crane Prairie Reservoir in June.

The eagle had suffered, among other injuries, a dislocated shoulder and paralyzed right leg.

Cooney says it's uncertain whether he will be able to return the bird to the wild.

If the bird's foot doesn't improve in the next three weeks, Cooney says he could be forced to euthanize him.

THE ASSOCIATED PRESS

Local tweets



- **@ralford10:** It's time for Stampede to go away. My city smells like one giant urinal. #yyc
- **@Anothersupersta:** going to go pickup some food for bbq today and have a little drive around with top down on mini. its glorious today in #YYC
- **@Soundloft:** OMG! A deer in my neighborhood! Someone help him get back to the wild before he gets hit by a car. #montgomery #yyc
- **@HockeyHellGirl:** Alright. On the plane. One scream-
- ing baby. Gum going in mouth now. Next stop: Calgary. Bye. #yyc #yyc
- **@Hillasfamily:** A picture perfect morning for golf... Or at least working on my game at the range... #yyc
- **@LeahDi:** Beautiful here in #yyc. Almost feel bad we slept in a bit. Almost. But not really.
- **@JLEED:** all these so-called famous people in #yyc this week and I didn't have one celebrity sighting. #lesigh
- **@Dansgoodside:** Today is the perfect day to go rafting down the elbow river. Time to get all Huckleberry Finn-y. #yyc

Weird Al still mocking stars and making music

► Yankovic talks about his new CD, his Lady Gaga cover and the struggling music industry ► 'People just aren't buying albums the way they used to,' says the comedian

Since 1983, Weird Al Yankovic has released 13 albums, with six of them going platinum and four reaching gold status.

It's a pretty good batting average for any artist, and an especially great one for a comedian-musician.

Yankovic says he used to think all of his albums would sell well, until now.

"Back in the '90s I was getting kind of cocky. I was just assuming that every album that I put out would go gold at least and now it's a huge goal for anybody to reach that level," he said.

"People just aren't buying albums the way they used to."

His latest release, *Alpocalypse*, debuted at No. 9 on the Billboard 200 albums chart last month, selling about 44,000 copies in its first week, according to Nielsen SoundScan.

"It's still a huge thrill for me to make the Top 10 because that's all relative ... but sales-wise, it's not what it used to be," Yankovic said.

The album's lead single is a parody of Lady Gaga's No. 1 hit *Born This Way*.

Yankovic says getting his version — called *Perform This Way* — out to the public wasn't an easy process.



PETER KRAMER/THE ASSOCIATED PRESS

► Comedian Weird Al Yankovic attends the premiere of *Bad Teacher* at The Ziegfeld Theater, in New York, last month.

First, Lady Gaga's management wouldn't allow it, but once the pop star heard Yankovic's cover, she approved his sample.

"It was a little depressing actually," Yankovic said

about waiting to hear back from Lady Gaga.

"(I thought) I was never going to be able to release my Lady Gaga parody officially and that my album was postponed indefinitely."

The new disc from the 51-year-old also features covers of Miley Cyrus' *Party in the USA*, Taylor Swift's *You Belong With Me* and Nothin' On You by B.o.B.

"Most artists look at the Weird Al parody as an homage and that's certainly the way it's intended. You get your platinum album, you get your Grammy and then you get your Weird Al parody. It's part of the package."

COMEDIAN WEIRD AL YANKOVIC

and Bruno Mars.

The three-time Grammy-winner says though getting approval from Lady Gaga's team was tough, he usually hasn't struggled to get clearances in the past.

"Most artists look at the Weird Al parody as an homage and that's certainly the way it's intended," he said.

"You get your platinum album, you get your Grammy and then you get your Weird Al parody. It's part of the package."

THE ASSOCIATED PRESS

2

scene

Box office



Warner Bros. estimates that *Harry Potter and the Deathly Hallows: Part 2* took in \$168.6 million domestically from Friday to Sunday.

THE ASSOCIATED PRESS



Bubble, Twain to duet on new Christmas album. Scan this code for more.

Carell's last shot at Office Emmy

GETTY IMAGES

His *Office* character Michael Scott may be utterly clueless, but Steve Carell knows a thing or two. And when it comes to his sixth shot at the best actor Emmy, Carell jokes that he's got this one in the bag.

"Of course, what could possibly go wrong? How could I lose? I don't even know if that's even a remote possibility," the 48-year-old said with a laugh.

Carell's latest nomination was for his final season on the hit NBC comedy — his last chance to take home the trophy for his

role as the inept Dunder Mifflin branch manager.

Carell says he'll be attending this year's awards on Sept. 18 with low expectations and no regrets.

"I'm very proud of having been on that show and all the friendships that I got out of it," he said.

"An Emmy would be great, but it wouldn't make my experience on *The Office* any better because it was already so good."

Carell, who stars alongside Ryan Gosling, Julianne Moore and Emma Stone in the upcoming romantic

comedy *Crazy, Stupid, Love*, says he's still not comfortable with being famous. The movie opens July 29.

"It's something that I never expected or never dreamt of happening. I just don't want my kids to have a warped perception of me or my relationship with them," he said.

"I remember driving around with my daughter and I think posters for some movie had gone up and she was just a little girl ... and she was like, 'Why are there pictures of you everywhere?' And I think it



► Steve Carell

was as weird for me as it was for her."

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MONDAY, JULY 18, 2011

Lopez, Anthony announce divorce

► Couple has been living apart for months, say sources

Jennifer Lopez and Marc Anthony have announced they are divorcing, according to Hollyscoop.

"We have decided to end our marriage," the couple says in a joint statement.

"This was a very difficult decision. We have come to an amicable conclusion on all matters. It is a painful time for all involved, and we appreciate the respect of our privacy at this time."

Sources say the pair had been living apart for months and was waiting for the right time to break the news.

● METRO



► Jennifer Lopez and Marc Anthony

RICARDO ARDUENGO/THE ASSOCIATED PRESS

Parenthood suits Beckham

David Beckham is over the moon about having newborn daughter Harper home. "To have that little bundle of joy in your hands and her making her little noises and opening her eyes — it really is an incredible moment for us," he says in a chat with fans on his Facebook page. But that doesn't mean having a

girl hasn't called for some adjustments. "Having a daughter is a whole new thing," he says. "Having pink in the house and lilac in the house. And you have to be a lot more delicate with girls than with boys and I'm not used to that so it's a whole new experience but it's an amazing experience." ● METRO



► David Beckham

GETTY IMAGES

Anna: True to herself



► Anna Paquin

True Blood star Anna Paquin is more than happy to discuss her bisexuality after coming out last year.

"My sexuality is something I'm completely comfortable with and open about," she tells V magazine. "There is a lot of

prejudice against us, but the more people talk about it, the less of a deal it will be. Who people choose to sleep with — or spend their lives with — shouldn't matter, not that anyone particularly cares who I'm attracted to." ● METRO

Swift turnover for house

REAL ESTATE FLIP. Taylor Swift has quickly changed her mind about her home in Nashville, which she bought last September for \$1.4 million. The country star is selling the 5,000 square-foot, four-bedroom, five-bath home for \$1.45 million, according to Hollyscoop. Swift also owns a penthouse in Nashville and a nearby home in which her parents live, plus a \$3.35 million mansion in Beverly Hills.



Taylor Swift

● METRO

12 days of summer fun

► "I'm bored!" It's the two words every parent dreads during the summer ► Fear not: Jason White of the Frugal Dad website offers 12 days worth of affordable summer fun activities



JASON WHITE
FRUGALDAD.COM

METRO WORLD NEWS

1

Sprinkler day

Have everyone can put on their bathing suits for water fun. This is a good time to teach them about conserving water, reducing utility costs, etc.

2

Attend "story time" at your local library

My kids love to check out books on all kinds of subjects. Many libraries have story time to encourage a summer reading program.

3

Rent a summer-themed movie on a rainy day

Our pick: Freaky Friday.

4

Set up a lemonade stand

This is probably my favourite idea because it

involves lessons in entrepreneurship. Lend your kids \$10 as "seed money" for supplies, or better yet, let them use their own money from savings. This way, they don't get used to the idea that borrowing leads to prosperity. Take the kids along to the grocery store one morning and let them pick up the lemons, sugar, cups and a couple bags of ice to keep in a cooler by their stand.

5

Teach your kids to fly a kite

Check your forecast and look for a windy day in the coming week. Pick up a kite for the kids and take to the skies.

6

Make homemade play-doh, using a recipe found online

I suppose the next best option would be to pick up some commercial Play-Doh on sale, but what fun would that be?

7

Bake a cake

I remember having a ball



► On Day 10, we go to war.

helping my mom bake something when I was young.

8

Build a "fort" outside

When my son was smaller he got the biggest kick out of playing in giant cardboard boxes. We'd colour them, and cut "windows" out for him.

9

Declare a "bored"

game day

I learned to play chess, checkers and more, one summer while staying with my grandparents. Few kids today don't realize you can play games without a computer.

10

Have a water balloon fight

You will totally win (but be sure to pick up the balloon remains, especially if you have very little ones or pets as they could be a choking hazard).

11

Pajama day

Stay in your pajamas all day long. Make pancakes in the morning, bake a pizza for lunch and lounge around.

12

Spend a day volunteering your time

Contact local charities and find out which ones will allow kids to volunteer.

3

life

You need this

LeapPad

The words you dread: "Daddy, can I play with your iPad?" Now, kids can have their own. This fall, LeapFrog will introduce the LeapPad, a touch-screen tablet with 100+ apps, a built-in video camera and more. Pre-order from leapfrog.com ● MWN



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Summer trip tips: Keeping your children busy on the road. Scan this code for the story.

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Cuba.....89.9 C/min	Pakistan.....5.9 C/min	U.K.....2.9 C/min		
El Salvador.....9.9 C/min	Philippines.....11.9 C/min	Vietnam.....4.9 C/min		
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A Mediterranean flare

► Using ingredients such as feta cheese, olives, sun-dried tomatoes, oregano and basil give this grilled stuffed chicken breast a distinct zing

Preparation:

1 Preheat your barbecue to 260 C (500 F).

2 In a small bowl, combine the walnuts, feta, olives, sun-dried tomatoes, lemon zest, lemon juice, oregano and red pepper flakes. Set aside.

3 Butterfly chicken breasts by slicing in half (lengthwise) so the chicken remains attached. Gently

pound chicken with a mallet to flatten. Place 4 to 5 basil leaves on flattened breast followed by $\frac{1}{3}$ of the walnut and feta mixture and spread evenly.

4 Begin rolling chicken from one end to the other to form a pinwheel shape. Brush with olive oil and season lightly with salt and pepper. Secure roll with butcher

Ingredients:

- 75 ml (1/3 cup) walnut pieces
- 125 ml (1/2 cup) feta cheese, crumbled
- 6 kalamata olives, pitted and chopped
- 4 sun-dried tomatoes (in oil), diced

- 15 ml (1 tbsp) lemon zest
- 15 ml (1 tbsp) lemon juice
- 15 ml (1 tbsp) oregano
- 2 ml (1/2 tsp) red pepper flakes
- 3 boneless chicken breasts
- Handful fresh basil leaves
- Salt and pepper, to taste
- Olive oil



► This recipe makes six servings.

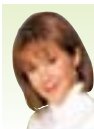
string or 3 to 4 skewers to prevent roll from unravelling. Repeat with remaining chicken and filling.

5 Reduce heat to medium-high and grill for 25 mins. until internal temperature is 85 C (185 F).

THE CANADIAN PRESS/
WALNUTINFO.COM

Rose Reisman's Swap It

Not all meat is equal. Selecting the right lean cut will not only eliminate excess calories and fat but actually increase the flavour. Toppings also make a difference.



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Roasted zucchini with a Creole kick

► Jambalaya, a rich tomato-based dish jammed with meat and bold flavourings, pairs well with zucchini

Preparation:

1 Heat your oven to 200 C (400 F).

2 Using spoon, scrape out and discard seeds from zucchini, creating long narrow canoes. Sprinkle with salt, garlic powder and pepper, then place hollow sides up on a baking sheet.

3 In skillet over medium, heat olive oil. Add onion and garlic and sauté until soft, 4 mins. Add green pepper and celery and sauté for 4 mins. Add tomato paste, Cajun seasoning, hot sauce and Worcestershire sauce; continue to cook until mix becomes aromatic and begins to darken, 2 to 3 minutes.

4 Stir in sausage, shrimp, chicken and rice. Adjust

seasoning with lemon juice and additional salt and pepper. Scoop mix into the zucchini boats.

5 Roast stuffed zucchini for 20 - 25 minutes or until zucchini is tender and cooked all the way through.

THE ASSOCIATED PRESS

MATTHEW MEAD/ THE ASSOCIATED PRESS



Ingredients:

- 2 medium zucchini, halved lengthwise
- 1 ml (1/4 tsp) salt
- 1 ml (1/4 tsp) garlic powder
- 1 ml (1/4 tsp) ground black pepper
- 15 ml (1 tbsp) olive oil
- 1 small red onion, diced
- 1 clove garlic, minced
- 125 ml (1/2 cup) diced green bell pepper
- 125 ml (1/2 cup) diced cel

- ery
- 50 ml (1/4 cup) tomato paste
- 2 ml (1/2 tsp) Cajun seasoning
- 5 ml (1 tsp) hot sauce
- 5 ml (1 tsp) Worcestershire sauce
- 125 ml (1/2 cup) each chopped andouille sausage, cooked shrimp, shredded cooked chicken breast
- 250 ml (1 cup) cooked brown rice
- Juice of 1/2 lemon

Getting gas from garbage

► Landfills collecting methane gas to turn it into a renewable fuel

BEN KNIGHT
GREEN@METRONWS.CA

The hottest buzzword in natural gas right now is “renewable.” At first, that seems impossible. The natural gas that heats our homes and fires our stoves is a finite, fossil fuel like oil — only renewable over millions and millions of years. Ah, but there are other ways of generating gas — and these can, in fact, be renewed.

“It’s methane that is generated when organic matter gets broken down by bacteria,” says David Bennett, director of business development for FortisBC — a west-coast utility company now offering

small amounts of renewable natural gas to its customers.

“We’re just taking the waste gas our landfill sites generate every day, and using it as fuel rather than allowing it to escape into the atmosphere — or burning it or otherwise wasting it.”

Landfill sites are significant producers of natural gas. Most now have natural gas collection systems, as methane is a potent greenhouse gas.

“The raw gas coming out of the landfill has lots of carbon dioxide and sulfur and other things in it,” Bennett explains.

“We have built a system that is like a mini gas purification plant. By the time this biogas gets into



► For more information, contact your local natural gas supplier. The more people who call and inquire the better because this is truly a case where demand drives supply.

the pipeline, its quality is equivalent to pipeline-quality gas.”

This process isn’t cheap. The purified renewable gas is twice as expensive as the traditional kind.

“But in the program we offer our customers 10 per

cent of this biogas is blended into the customer’s natural gas stream,” says Bennett. “Your bill rises about \$4 a month for the average household — and that reduces your greenhouse gas footprint by about 10 per cent.”

And this isn’t just a west-coast phenomenon. Gas utilities across Canada are studying ways to implement their own programs. Renewable gas is also becoming an ever-growing power supply in parts of Europe.

In your city

What is going on in the area

► **Power Bullfrog Power** is offering renewable natural gas throughout Alberta. For an extra \$1 per day, Bullfrog injects an amount of landfill-produced gas into the system, equal to the amount of regular natural gas burned by its customers. Expensive — but so good for the environment.

“There are enough sources right now to make a significant amount. This is probably the next step in recycling: we look at what we do with all kinds of organic waste — in cities and on farms — and how we can go about recycling that.”

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Not every promotion is perfect

► In some cases, a 'big step up' might be a nice way of saying that your job is about to get a heck of a lot harder



DREW HINSHAW
METRO WORLD NEWS
LIFE@METRONews.CA

Not every step up is a step in the right direction. Accept a bogus promotion and you could find yourself trapped in a job more miserable than the entry-level gig you rode in on.

"A lot of people are getting promoted in this economy because companies are trying to do more with less," executive coach Cynthia Shapiro says.

"Instead of bringing somebody in, they're having employees do three or four jobs by promoting them and then expecting them to still do their old work."

"It's kind of a recipe for disaster," she adds.

But it's not a recipe you need to swallow.

"You never have to take something that's being offered to you," executive coach Meredith Haberfeld says. And sometimes you shouldn't.

"You need to get clear about what you want out of your career long-term, then you need to make strategic moves towards that," she adds.

DON'T GET STUCK WITH A LOFTY TITLE

It's paradoxical: People who've gotten fired often say it's the best thing that ever happened to them. But a promotion? A wrong move up can feel more like a chute than a ladder.

"It's often easier to get a promotion than it is to move back if you don't like it," Shapiro warns.

"People don't let you. Companies like to see forward motion. You tell the company you want to go



► If the amount of work greatly outweighs the pay increase, you should think twice about jumping on board.

ward motion. You tell the company you want to go

back down, they won't allow it. You try to go to another company and get the position you had before —

but you've got this loftier title.

"They're going to imagine something is wrong," she adds.

Any new job title, Shapiro says, is going to be a leap. Think before you jump.

"I would recommend people take \$50 to \$100 and talk to an expert before you move," she says.

"These things sometimes aren't as good as they look," she adds. "Look at it objectively and make sure the position is set up for success."

Even if it is, it may not be for you, Haberfeld stresses.

"Make sure expanded leadership and accountability is something you are interested in," she says. "That said, don't be shortsighted."

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'Life is hopeful now'

► Contest winner embarking on her new life path with a big smile

TURNING POINT

TERESA KRUIZE
LIFE@METRONews.CA



Ever since Lisa Airst won our Turning Point New You Makeover Contest in Metro News, she has been on a path of change and self-discovery.

In February, Lisa touched our hearts with her story of courage as she battled breast cancer and a career change. After winning the \$10,000 prize package that included expert career counselling and workshops from NEXCareer, Lisa plunged into her makeover right away.

"My career counsellor Sandy Johnson has gone above and beyond my expectations. My performance and endurance levels have been raised and I've learned so much. Finding a



► Lisa Airst

job is like dealing with cancer. Sometimes you have bad days but you just keep going."

Lisa also received some good news from the hospital. "I finished treatment three weeks ago and my

health is good. That was a milestone. Last year was chemotherapy. This summer is liberation. This has been a life-changer. Life is good now and I have a feeling it's going to get even better."

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Delay dampens Horton's big cup day

The Stanley Cup arrived a few hours later than expected in a small southwestern Ontario community yesterday.

Thousands of people braved the heat in downtown Dunnville to celebrate recent champion Nathan Horton's win and the cup's arrival with a parade.

But Horton told the crowd at around 1 p.m. the cup would be arriving late.

Many of the people who had gathered for the event had already left by the time it arrived closer to 2:30 p.m.

The cup was late because it was left behind in Boston.

Horton, a native of nearby Welland, Ont., was an NHL champion with the Boston Bruins this past year.

"I was a little disappointed about not seeing the cup because that was the main reason why I wanted to go, because I haven't seen it yet," said Caledonia resident Amber Eyre, who drove down to see the cup but left at around 1:30 p.m. before it arrived.

She's also a fan of the Vancouver Canucks, the team Horton's Bruins beat in the finals. The loss gave her added incentive to go today's event.

"Being so close to almost getting the cup and then not, I just wanted to see it."

THE CANADIAN PRESS



► Darren Clarke lifts the Claret Jug yesterday following the final round of The 140th Open Championship.

Irish eyes smiling at Royal St. George's

► Clarke able hold onto one-shot lead over Johnson to win British Open

No matter how long it grows or even how quickly, the list of major champions from the tiny country of Northern Ireland just wouldn't feel complete without Darren Clarke.

He doesn't have the majestic swing of Rory McIlroy or the putting prowess of Graeme McDowell, the last two U.S. Open champions. He hasn't contended in a major for 10 years and was no longer among the top 100 in the world.

But none of that matters

now, because he was extraordinary at Royal St. George's.

"Bad times in golf are more frequent than the good times," he said. "I've always been pretty hard on myself when I fail because I don't find it very easy to accept that. And there's times I've been completely and utterly fed up with the game."

Advice from friends, family and his agent was always the same.

"Get out there and practice and keep going, keep

going, keep going," Clarke said. "And that's why I'm sitting here now."

Clarke held off brief challenges from Phil Mickelson and Dustin Johnson and held up under the pressure until no one could catch him.

Mickelson and Johnson shared second place, stretching the American drought to six straight majors without a win.

Despite meaningless bogeys on the last two holes, Clarke closed with an even-

par 70.

"Pretty amazing right now," Clarke said. "It's been a dream since I've been a kid to win the Open, like any kid's dream is, and I'm able to do it, which just feels incredible."

Northern Ireland had gone 63 years without winning a major. Now it has three of the last six.

"Northern Ireland..... Golf capital of the world!!" McIlroy tweeted as Clarke played the last hole.

THE ASSOCIATED PRESS

Japan claims first World Cup

Japan became the first Asian nation to win the Women's World Cup yesterday, beating the United States in a penalty shootout after both sides were level at 2-2 after extra time.

The Japanese denied the U.S. team the chance to become the first country to lift the cup three times.

The Americans missed their first three penalties, and Japan went on to win the shootout 3-1 when Saki Kumagai slotted the fi-



► Japan celebrates their Women's World Cup win.

nal shot high past goalkeeper Hope Solo.

The team displayed a

banner reading "To our Friends Around the World — Thank You for Your Support" in reference to the March 11 earthquake and tsunami.

Japan captain Homare Sawa flicked a corner past Solo with three minutes of extra time left to equalize and set up the shootout.

"We ran and ran. We were exhausted but we kept running," said Sawa, the top scorer in the tournament with five goals.

THE ASSOCIATED PRESS

Sports in brief

Cavendish wins stage, Voeckler still has jersey

TOUR DE FRANCE. British sprinting star Mark Cavendish overcame high winds to collect his fourth stage victory yesterday at this year's Tour de France, as French rider Thomas Voeckler earned the race leader's

yellow jersey for a sixth straight day.

THE ASSOCIATED PRESS

Dubois wins title in home province

TENNIS. Canada's Stephanie Dubois earned her ninth career title at the Granby Challenger tennis tournament yesterday in Granby, Que. The top-ranked Laval, Que., native defeated No. 4 Zhang Ling of China 6-2, 2-6, 6-1 in the women's final. **THE CANADIAN PRESS**

4

sports

Quoted



"I knew he was a nice horse, I love this horse and he has a real future ... I have to thank the owners and trainer for putting me back on him."

JOCKEY LUIS CONTRERAS, WHO GUIDED PENDER HARBOUR TO A STIRRING PHOTO-FINISH WIN BY A NOSE OVER BOWMAN'S CAUSEWAY IN THE \$500,000 PRINCE OF WALES STAKES THOROUGHBRED RACE YESTERDAY.



Scan code for more sports.

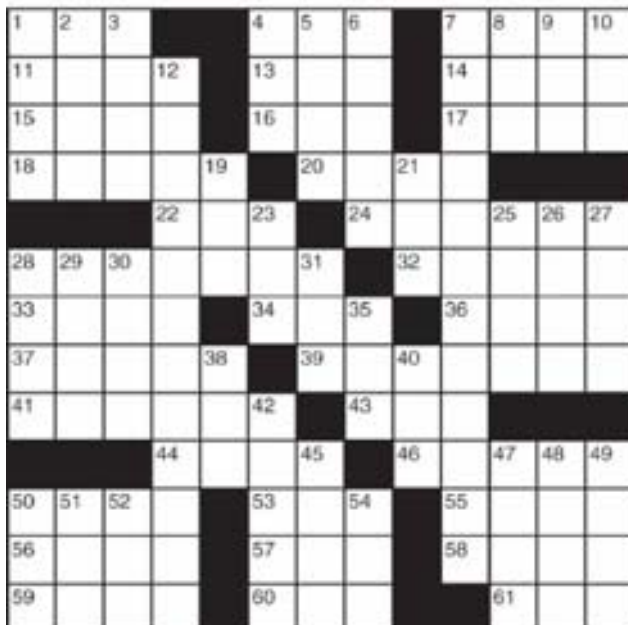
Crossword

Across

- 1 "Sweet as apple
cider" gal of song
4 Go slaloming
7 Young bovine
11 Body powder
13 Stashed
14 Culture medium
15 Napoleon's exile
isle
16 Right angle
17 Inquisitive
18 Villain
20 Like a — balloon
22 24 hours
24 Don, as loafers
28 Where earth
meets sky
32 Source of annoy-
ance
33 "Zounds!"
34 Cambridge sch.
36 Speaker's stand
37 Wonderland visi-
tor
39 Geckos et al
41 Show-offy know-
it-all
43 Swab the floors
44 Unadorned
46 Ms. Winfrey
50 Shrek is one
53 Work with
55 Come in last
56 Tea time
57 Scratch
58 Basin accessory
59 Forum garment
60 Type of dog
61 Despondent

Down

- 1 Couple, in a gossip
column



- 2 Evans or Carnegie
3 Actress Jessica
4 That woman
5 Slay
6 Runs in neutral
7 Halloween treat
8 Past
9 — Vegas
10 Saute
12 Allen Funt's TV
show
19 Nickname in Red
Sox lore
21 Matterhorn, for
one
23 — Kippur

- 25 Bosc or Bartlett
26 "Metamorphoses"
poet
27 Loch — Monster
28 Pile
29 Lascivious look
30 Incursion
31 Zero
35 Conway or Curry
38 Away from WSW
40 Menagerie
42 "The Apprentice"
VIP
45 Birthright barterer
47 Columns' crossers
48 On the briny

- 49 Cattle group
50 Frequently,
in verse
51 Sticky stuff
52 Carpet
54 Work unit

Friday's answer



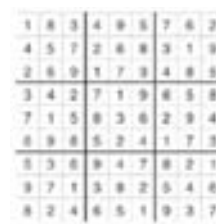
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

U always had many friends..and still have them. pls dont cheat with them...pls never do something like this. this is a request to u as I exit. This heart used to pound loud just 4 u..but now it is bleeding....will need some time as u will also do. u made me look bad in front of the person..saying i was in love..didn't yr heart stop u ever? u could have left it at friendship and fixed me write then..i trusted u i honored u i valued u like no one else. People still say things abt u and i shut them up inspite of the harm u have done to me. FRIEND

Matt, I think you saw me looking at you, but I didn't get to smile at you. I wanted to talk to you today but you were busy. My day is complete every time I see you at work. I'll just see yah next week. R

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min 15° Max 31°	Min 14° Max 28°	Min 12° Max 25°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



Today's horoscope

♈ Aries March 21-April 20

What seemed such a difficult decision to make last week will come easy to you this week.

♉ Taurus April 21-May 21

Venus, planet of love and harmony, is very much on your side at the moment.

♊ Gemini May 22-June 21

Treat others as you would like to be treated yourself.

♋ Cancer June 22-July 22

You don't have to make a big issue of everything.

♌ Leo July 23-Aug. 23

You will receive good news concerning your

cash flow situation today.

♍ Virgo Aug. 24-Sept. 22

You seem to have been in a rather downbeat mood of late, but you will cheer up considerably over the next 24 hours.

♎ Libra Sept. 23-Oct. 23

Pay attention to what people you live and work with are trying to tell you.

♏ Scorpio Oct. 24-Nov. 22

The message of the stars as the new week begins is that it's OK to dream.

♐ Sagittarius Nov. 23-Dec. 21

No task is too much for you and no

For today's crossword answers and for expanded horoscopes, go to metronews.ca

situation is too difficult to handle.

♑ Capricorn Dec. 22-Jan. 20

You will have to ask for assistance at some point today.

♒ Aquarius Jan. 21-Feb. 18

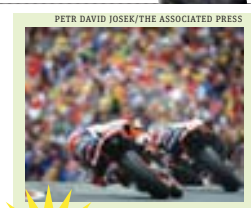
Everyone has limits, even an Aquarius, and your particular limits will be clear to see over the next 24 hours.

♓ Pisces Feb. 19-March 20

This promises to be a good week for friendships and partnerships. In fact you will find it remarkably easy to persuade just about anyone.

• SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Can I still buy a new townhome
in McKenzie Towne?

Yes.
mosaicmirage.com



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— Frank Y., Vancouver

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Extreme Price Reduction
\$30,000



Condo in ORLANDO
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Extreme Price Reduction
\$30,000



Condo in KISSIMMEE
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Extreme Price Reduction
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Condo in Las Vegas
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Extreme Price Reduction
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Condo in Las Vegas
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Extreme Price Reduction
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Monday, July 25	Tuesday, July 26	Wednesday, July 27
2 pm or 7 pm	2 pm or 7 pm	2 pm or 7 pm
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